

## SEATED STEPPER

### ABSTRACT

The seated stepper is provided for exercising the lower body. The stepper includes a frame having opposite sides and a longitudinal axis, and a seat attached to the frame. First and second foot lever arrangements are pivotally coupled together on opposite sides of the frame to move alternately in forward and rearward directions towards forward and rearward positions. The foot lever arrangements have linearly moveable right and left foot receptacles adapted to be engaged by an exerciser's feet. First and second motion transfer arrangements are mounted on opposite sides of the frame and coupled to the foot lever arrangements for enabling reciprocating movement of one foot lever arrangement relative to the other foot lever arrangement. A transmission arrangement is mounted on the frame and is operably connected to the first and second motion transfer arrangements. The transmission arrangement includes upper and lower pulley and gear trains in meshing relationship with one another. A resistance structure is mounted to the frame and is operably connected to the transmission arrangement for resisting pivotal movement of each foot lever arrangement in one of the forward and rearward directions. The transmission arrangement enables either of the foot receptacles to be moved and prevents any inertia from the resistance structure from being transferred back to the foot lever arrangements.